

# Rouse Your Soul with Adventure Travel

Get out of your comfort zone on your next break and try one of these invigorating activities.



## MOSSEL BAY ZIPLINE

Imagine dropping over the cliff edge on a 1100m long zipline, to find yourself suspended 90m over the sea. The distance from your dangling feet to the swirling depths below rapidly decreases as you speed towards the landing platform at The Point – possibly clocking 90km/h. Mossel Bay Zipline is unique in South Africa in that the whole ride takes place over the (sometimes tumultuous) ocean. There's a chance that you could get drenched by an unfortunately-timed wave crashing against the rocks. Your lungs filled with sea air, you'll get to enjoy a view that stretches from the craggy rocks to the horizon on the 'world's longest single over-ocean zipline.'

Cost R450 per person

Contact 068 022 9183 | [www.mosselbayzipline.co.za](http://www.mosselbayzipline.co.za)

Where to stay Protea Hotel Mossel Bay  
044 691 3738 | [www.marriott.com](http://www.marriott.com)

## SIDECAR TRIP WITH CAPE SIDECAR ADVENTURES

Take in the incredible views of Camps Bay and Clifton below as you glide down the forested Kloof Nek Drive in vintage style. A short two-hour trip in a chauffeured sidecar can include your choice of route past Signal Hill, along the Atlantic Seaboard to Chapmans Peak Drive or you could opt to visit Bloubergstrand on the West Coast.

On a full day trip, your driver can take you to the Cape Winelands for a selection of wine tastings and lunch among the vineyards or around the Cape Peninsula –



with stops at Boulder's penguins colony and Cape Point Nature Reserve. During whale-watching season you may spot some southern rights on a drive along the coastal road past Gordan's Bay to Betty's Bay.

Cost Discounted rate until 31 December 2020: R2000 per sidecar with driver for a two-hour trip (with up to two passengers). R3750 per sidecar with driver for four-hour trip. R4000 per sidecar with driver for full-day (eight-hour) trip.

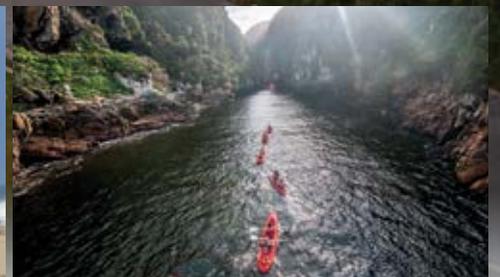
Contact 021 434 9855 | [www.sidecars.co.za](http://www.sidecars.co.za)

Where to stay The Marly, Camps Bay  
021 437 1287 | [www.themarly.co.za](http://www.themarly.co.za)

## HORSE RIDING ALONG THE WILD COAST

Wild Coast Horseback Adventures at Kei River Mouth offers a variety of ways to explore the Eastern Cape's dramatic coastline from the saddle. Whether it's your first time on the back of a horse and you're happy to rock to and fro at a gentle pace on the sandy shore, or you're a seasoned equestrian looking for some more exhilarating riding, there's a steed suited to the task. A one-and-a-half-hour beach ride is the ideal way to get started, while more experienced riders can do overnight trips to find hidden waterfalls, picnic on the grassy hills of the rugged Wild Coast and gallop along the beach. Choose anything from a short out-ride to a week-long treks.

Cost Beginner beach ride R400. Two-night, three-day weekend special including dinner, bed and breakfast R2900. Seven-night, eight-day Kei River Horse Trail including full board with four nights at Kei Mouth Guest



Lodge, two nights at Wavecrest Hotel and the final night at Kei Mouth Guest Lodge, R21596 (SA resident special offer).

Contact 082 567 0972

[www.wildcoasthorsebackadventures.com](http://www.wildcoasthorsebackadventures.com)

Where to stay If you are only doing a day ride I recommend the Morgan Bay Hotel, Morgan Bay. You'll wake up to the sound of crashing waves at this recently renovated hotel only 15 minutes drive from Kei River Mouth. 043 841 1062 | [www.morganbayhotel.co.za](http://www.morganbayhotel.co.za)

## KAYAK AND LILO ADVENTURE, STORMS RIVER GORGE

This family-friendly adventure, within the Tsitsikamma National Park, takes you up the Storms River by kayak where the gorge walls drip with indigenous forest flora. Knowledgeable guides will lead your group over deep river channels, past the bats' cave and to a sand bank where you'll switch your craft for an inflatable lilo. These specially designed floatables allow you to access the narrow parts of the gorge and to continue to explore more of the river, encircled by spectacular cliffs. On the way back there's a stop where you'll get the chance to leap off the overhanging rock walls into the pools below.

Cost R695.

Contact 073 1300 689

[www.untouchedadventures.com](http://www.untouchedadventures.com)

Where to stay Misty Mountain Reserve  
041 582 1461 | [www.mistymountainreserve.co.za](http://www.mistymountainreserve.co.za)



– Elise Kirsten (@elisekirsten)



# Escape to Franschhoek Country Cottages

Franschhoek Country Cottages and Wildlife Reserve is the city escape you have been dreaming of!

The comfortable, self-catering cottages are situated in a wildlife reserve at the foot of the Franschhoek Mountain range, in the heart of the gourmet capital of the Cape Winelands.

The no-fuss cottages invite you to de-stress, decompress and re-acquaint yourself with nature.

Take in the breath-taking scenery with mountain slopes

covered in spectacular vineyards while viewing a zebra wildlife strolling past your private verandah. Franschhoek is the ideal base while you explore the Cape Winelands.

The team at Franschhoek Cottages adhere to strict Covid-Safe protocols so you can sleep peacefully to the sounds of nature!

[www.franschhoekcountrycottages.co.za](http://www.franschhoekcountrycottages.co.za)

